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Fitness Center Expands Exercise Options

CEDARVILLE, OHIO – Cedarville University students and members of the fitness center on campus will benefit from an \$100,000 upgrade during the summer. The center expanded, and enhanced, its strength training equipment, including adding strength training machines, expanded free-weights and a new functional training rig.

The new center now allows participants to try dozens of new exercise options. New carpeting, rubber flooring and renovated chairs were also part of the summer project.

"The upgrade in equipment really expands the types of exercises that our students, faculty, staff and members can use," said Mark Mathews, director of campus recreation. "We are now able to offer a lot of different exercises, especially with functional training and crossfit type of exercises."

Functional training is gaining popularity, especially among young adults. It focuses on engaging muscle groups in the whole body to better perform real-life activities or sports-specific movements.

Located in southwest Ohio, Cedarville University is an accredited, Christ-centered, Baptist institution with an enrollment of 3,760 undergraduate, graduate and online students in more than 100 areas of study. Founded in 1887, Cedarville is recognized nationally for its authentic Christian community, rigorous academic programs, strong graduation and retention rates, accredited professional and health science offerings and leading student satisfaction ratings. For more information about the University, visit www.cedarville.edu.